

National Updates



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

KEEP WELL



**Public Health Measures**

Ireland remains at Level 5 restrictions. You can see the [measures in place here](#).

**COVID-19 Community Call Forum - Local Authority Helpline Numbers and Email Addresses**

In light of the significant increase in Covid-19 cases and the current public health advice for older people to once again remain at home we want to again promote the awareness and availability of the local authority based COVID-19 Community Call Forum Helplines, particularly for older people who need help with practical supports such as shopping, prescription collection and many others. The full list of numbers and email addresses are available [here](#) and at the bottom of this newsletter

**Keeping well this winter**

The Keeping Well this Winter campaign has some further interviews aimed particularly at older and vulnerable people.

- You can watch Dr Vida Hamilton, HSE's Clinical Advisor for Acute Hospitals chat to Daithí and Sinéad on RTE's Today show [here](#). Vida has lots of advice on accessing routine and emergency healthcare services, the protective measures that staff have taken in healthcare settings along with what to do if you think you have COVID-19.

- Anne Rizzo, Age Friendly Regional Programme Manager for the West and Age Friendly Programme Manager for Limerick City and County Council talks to journalist Eoghan Corry for a Senior Times podcast on the actions and initiatives of county council staff and volunteers around the country since the COVID-19 pandemic began. You can listen to Anne outline the councils' Community Call initiatives [here](#).
- Prof Martin Cormican, HSE's Clinical Lead on Infection Control, talks to journalist Charlie Bird for a Senior Times podcast on keeping well this winter. Martin gives very good advice on when you might need antibiotics and why taking them when you don't need them may do you more harm than good. He also chats to Charlie about the forthcoming COVID-19 vaccines. Listen the interview [here](#).

### **New Bereavement Support line to assist staff and public during the COVID-19 pandemic**

A new national free phone bereavement support line has been launched by the Irish Hospice Foundation in conjunction with the HSE. The national free phone service, 1800 80 70 77 is available Monday to Friday from 10am to 1pm. The support line aims to provide a confidential space for people to speak about their experience or ask questions relating to bereavement. Callers will be listened to with compassion and be provided with emotional support and information on any practical issues that may be helpful. [Read more about the new Bereavement Support line here.](#)

### **Public Health Information**

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/coronavirus/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#). Ireland's COVID-19 Data Hub is [available here](#).

### **Information on COVID-19 vaccine**

You can read Dr Ronan Glynn's op-ed on COVID-19 vaccines [here](#) and watch a short video of Dr Glynn explaining what vaccines are and how they work to protect us [here](#), as well as a video of him explaining how the vaccine approval process works and what the European Medicines Agency will examine [here](#). You can read a statement from the Health Products Regulatory Authority's (HPRA) Dr Lorraine Nolan [here](#).

You can find more [information about the COVID-19 vaccine here](#) from the HSE.

### **COVID-19 Vaccine Advocate Forum pre-recorded video session 16th December 2020**

Dr Ronan Glynn, Deputy Chief Medical Officer at the Department of Health, has convened the COVID-19 Vaccine Advocate Forum to offer information to organisations that have an integral role to play in this

important part of our country's response to COVID-19. This pre-recorded video session is now available on the Department of Health website: [www.gov.ie/en/publication/c453f-covid-19-vaccine-advocate-forum/](http://www.gov.ie/en/publication/c453f-covid-19-vaccine-advocate-forum/)

The session includes an introduction by the Minister for Health, Stephen Donnelly TD and presentations by Dr. Ronan Glynn, Deputy Chief Medical Officer, Department of Health; Dr Lorraine Nolan, Chief Executive, Health Products Regulatory Authority; Deirdre Watters, Head of Communications, Department of Health and Dr. Siobhán O'Sullivan, Chief Bioethics Officer, Department of Health.



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### HSE Stress Control Programme

The HSE Mental Health and Wellbeing Programme will be continuing the Stress Control programme this year, beginning on Monday the 11<sup>th</sup> of January. You can go to [stresscontrol.ie](http://stresscontrol.ie) for further information and resources including Booklets on each part of the programme and Relaxation Mindfulness Exercises. The Minding Your Wellbeing video series is also available here: [Minding Your Wellbeing Videos](#) which gives practical steps about how to promote mental health. You can also subscribe to the Health and Wellbeing YouTube channel to be updated on further videos related to their Health and Wellbeing work.



**TAKE CONTROL WITH STRESS CONTROL**  
JANUARY: Commencing Monday, 11th January 2021

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

	What is Stress?	Mon 11th Jan, 9am until Wed 13th Jan, 11pm
	Controlling your Body	Thurs 14th Jan, 9am until Sun 17th Jan, 11pm
	Controlling your Thoughts	Mon 18th Jan, 9am until Wed 20th Jan, 11pm
	Controlling your Actions	Thurs 21st Jan, 9am until Sun 24th Jan, 11pm
	Controlling Panicky Feelings and Getting a Good Night's Sleep	Mon 25th Jan, 9am until Wed 27th, 11pm
	Controlling your Future	Thurs 28th Jan, 9am until Sun 31st, 11pm

[www.stresscontrol.ie](http://www.stresscontrol.ie)





### Irish Hospice Foundation announces new grant scheme to support creativity in the community during COVID-19

Irish Hospice Foundation (IHF) has announced its new IHF Seed Grant Scheme to inspire and support creative responses to the themes of dying, death and bereavement during the COVID-19 pandemic. In partnership with the Creative Ireland programme, the aim of IHF Seed Grants is to support groups, organisations and individuals in exploring creative initiatives and approaches to reflect and remember. This may take the form of starting new local art projects, or to support existing projects gain momentum - this may involve artists, crafts people or coders or may be a group or individual who has a good idea. For more details and how to apply visit [hospicefoundation.ie](http://hospicefoundation.ie)



## Links to information on wheelchair accessible taxis and Local Link services

Here is a link to the wheelchair accessible vehicles (WAV) register on the TFI website: <https://www.transportforireland.ie/getting-around/by-taxi/wheelchair-accessible-vehicle-wav-register/>

It lists the wheelchair accessible vehicles in every county and the contact email/phone number. If anyone wants to complain about a taxi not turning up or for anything else there are 3 methods of making complaints.

- <http://transportforireland.ie/taxi/taxi-compliments-complaints/>
- Email to [complaints@nationaltransport.ie](mailto:complaints@nationaltransport.ie)
- Phone: 879 8300

Another form of rural transport is Local Link that has 15 Units around the country. 90% of all Rural Transport service trips for Local Link are defined as fully or partially wheelchair accessible and in 2020 it was conditioned that all new services tendered must be wheelchair accessible. They have scheduled routes, evening services, door-to-door routes, demand responsive routes. Their contact details and different timetables are linked below:

- <https://www.locallink.ie/en/contact-us/>
- <https://www.locallink.ie/en/timetables/>

The Free Travel Scheme is administered by the Department of the Employment Affairs and Social Protection (DEASP) and all queries about the scheme should be directed to the Department by emailing [freetravelqueries@welfare.ie](mailto:freetravelqueries@welfare.ie) or calling 071 915 7100.

[More details on the Free Travel Scheme and a full list of all operators and routes where the Free Travel Pass is accepted can be found on their website](#)



## CIF Design Challenge 2020 | A Home for Everyone

The competition launched by the Construction Industry Federation (CIF) is aimed at senior cycle students and is a team-based project. Students are asked to work together to design a home that helps solve issues such as climate change and the housing crisis as well as inclusivity. The submitted designs will need to be eco-friendly, affordable and suitable for both older people and those with physical disabilities.

The competition will run until 1 March with judging taking place until mid-March. The winning team will have their design rendered into a three-dimensional model, so they can 'walk' through the house in March 2021. Winners will have the option of taking a Construction Industry Federation scholarship or access to its apprenticeship programme. Age Friendly Ireland welcomes this competition for students to demonstrate innovative models for sustainable developments with universal design for life.



More information available [HERE](#)



## GenerationTech - Free Tech Help for older people

GenerationTech are a Tech Sector driven volunteer group that manage simple to complex tech issues for Ireland's older people, via helplines and digital channels. They don't have a maximum time per call, and they can call the person back if necessary. All calls (inbound and outbound) are recorded and they strictly adhere to GDPR, data protection and privacy regulations.

You can find more details at <https://www.generationtech.ie>

**Monday - Friday 8:00 AM - 8:00 PM**

**Saturday and Sunday (leave message and they will get in touch with you within 24-48 hours)**

Contact Details below:

- Northern Ireland, ring [02894 338 799](tel:02894338799) and one of their volunteers will answer your call.
- Republic of Ireland, ring [01-9633288](tel:019633288) and one of their volunteers will answer your call.
- Direct Message (DM) on twitter [@gentechirl](https://twitter.com/gentechirl)
- Message via [Facebook](#) page.
- Email [INeedHelp@generationtech.ie](mailto:INeedHelp@generationtech.ie)
- Contact via [Contact Form](#).
- You can send your feedback [here](#).



## Irish Museum of Modern Art | Art and Ageing Spring programme

This programme is continuing across two main strands of delivery. The first is supported by Creative Ireland and the second by IMMA resources. The Creative Ireland strand includes the Spring 2021 Live Programming which offers digital access in real time via:

- Armchair Azure Commencing Jan 16th 2021: [https://imma.ie/learn-engage/art-and-ageing/armchair-azure/#the\\_content](https://imma.ie/learn-engage/art-and-ageing/armchair-azure/#the_content)
- Talking Art Online with IMMA Commencing Jan 19th 2021- <https://imma.ie/learn-engage/art-and-ageing/talking-art-online-with-imma/>

A suite of new Resources has been developed with members from the Visitor Engagement Team and include;

- 12 Slow Looking Video Series <https://imma.ie/learn-engage/art-and-ageing/slow-looking-art-videos/>
- Talking Art with IMMA available to download from our website in PDF <https://imma.ie/learn-engage/art-and-ageing/talking-art-with-imma/>
- Additionally, 14,000 printed packs of these resources will be distributed to Nursing Homes throughout Ireland over the coming weeks. This process begun in December 2020 and will continue throughout the Spring.

# DANCE LIMERICK

## Dance Limerick | Online Dance Classes for 50yrs+

You can now register and secure your place for a free virtual taster class on Thursday 14<sup>th</sup> January 2021 @ <https://dancelimerick.ie/event/over-50s-free-taster-class>



Join us live on Facebook  
Monday 11th  
Wednesday 13th  
and Friday 15th

at 11am for  
Age & Opportunity  
Movement Minutes



#AgeandOpportunity

Sessions can be watched live on their Facebook page

[www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or

afterwards on their YouTube page

[www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where

a playlist of all Movement Minutes sessions to date can be viewed.

## Local Updates



### Age Friendly Business presentation of charters | Clanbrassil Street, Dundalk

Louth Age Friendly Programme and the Economic Development Office, Louth County Council is delighted to announce that 8 businesses in Clanbrassil Street, Dundalk have now achieved Age Friendly Business status - Elmay Boutique, Guiney's, Houstons, McEvoy's, Backhouse Pharmacy, McAteers Food House, Dundalk Specsavers and Dundalk Credit Union. All 8 businesses have completed Age Friendly training, have appointed an Age Friendly Champion, and have implemented three simple changes in their stores to make the environment, and the customer experience, more appropriate for older customers. The Louth Age Friendly Business Programme is fully supported by the Louth Older People's Forum and Harry McCarthy, Louth's rep on the National Older People's Council welcomes the Clanbrassil Street businesses' decision to embrace Age

Friendly. Clanbrassil Street is a wonderland of shops and services older people appreciate and support.



### Age Friendly Longford | Write to me Postcard Project

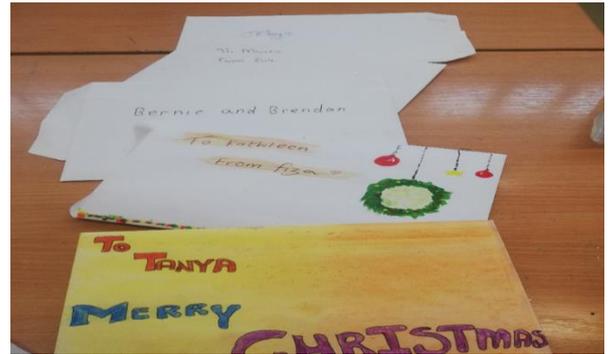


Just before Christmas children in primary schools in Longford wrote to their grandparents, their older neighbours and to their local Nursing homes. Over 2,000 postcards, designed by a local artist and poet have been written and posted by children around the county.



### Age Friendly Mayo | Intergenerational Christmas Project

Age Friendly Mayo and Mayo Older Person Council collaborated with 2nd year students from Ballyhaunis Community School and An Garda Síochána to bring some festive cheer to older adults living in the Ballyhaunis area. The “Connections” project hoped to, in a small way, reach out to those living alone and perhaps feeling isolated in pandemic times. The 2nd year art students have written letters to older members of their community, sharing with them their feelings on how their lives have changed in recent times. The students also tried to reach out and imagine how life must feel for older people living alone and sometimes separated from their families. Ballyhaunis Community School celebrates diversity within its classrooms, many of the students can empathise with separation from family as many of them have left their extended families in their native countries. The students created handmade Christmas cards to accompany their letters, they used mixed media including lino printing, pointillism and painting. The Community Garda collected the cards and personally delivered them to the recipients for Christmas.



### Age Friendly Fingal Radio Programme

Fingal County Council has partnered with LMFM Radio, Phoenix FM and NEAR FM to produce a live radio programme promoting Age Friendly in Fingal. The programme was broadcast live on Wednesday, December 30, from 11am to 1pm and the recorded podcast is available here <https://media.acast.com/late-lunch-bests-bits/christmasinfingal/media.mp3>



The target audience for this programme was older people in Fingal and the purpose of the programme is to link into older people across the county and inform them of the services that Fingal County Council and Age Friendly Fingal provide.



**BANNER BUDDIES**

CLARE SPORTS PARTNERSHIP  
SPORT IRELAND

**150 MINUTES EXERCISE PER WEEK - 8 WEEKS**

**JOIN WITH YOUR HUSBAND/  
WIFE/ PARTNER/ HOUSEMATE**

**COST - €10**

**WHAT'S INVOLVED**

- 3 X 30 MINUTE WALKING /EXERCISE SESSIONS WEEKLY
- 2 ONLINE WORKOUT SESSIONS WEEKLY FROM SOME OF THE BEST PERSONAL TRAINERS IN CLARE
- PODCASTS IN MOTIVATION, NUTRITION, USE OF FITNESS TRACKER
- SUPPORTS THROUGH PRIVATE FACEBOOK AND STRAVA GROUP

**STARTING MONDAY,  
JANUARY 11TH, 2021**

**OPEN TO ALL ABILITIES, 16 YEARS +**

**REGISTER AT [WWW.CLARESPO RTS.IE](http://WWW.CLARESPO RTS.IE)**

**LOTS OF SPOT PRIZES**

All activities can be completed within 5km restrictions and activities are in line with government Covid level 5 guidelines for exercise

**Your Voice**



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



International Federation on Ageing

### Webinar: The Case for Investment in Health Prevention and Promotion



Building Global Momentum for Adult Vaccination Policy within COVID-19

### The Case for Investment in Health Prevention and Promotion



As part of a series of four webinars to build global momentum on vaccination within COVID-19, IFA invites you to the second webinar entitled "The Case for Investment in Health Prevention and Promotion" which will be held on **20<sup>th</sup> January 2021, at 7:00am EST**. The webinar aims to improve understanding of the social and economic value and return on investment of adult vaccination, as well as advocate for focused efforts on targeted investment in health prevention and promotion.

Register [HERE](#)

## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

**Coronavirus COVID-19**

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**  
If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.dfa.ie](#)

**How to Prevent**

- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with a tissue or sleeve when coughing or sneezing, and discard used tissue
- Avoid** crowded, busy, indoor or outdoor events, or meetings with many people
- Clean** and disinfect frequently touched objects and surfaces
- Stop** sharing food or drinking when eating, drinking, or smoking
- Distance** your self at least 2 metres from anyone, especially those who display symptoms

**All people are advised to:**

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [hse.ie](#) OR phone HSE Live **1850 24 1850**

**Symptoms**  
> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

**For daily updates visit**  
[www.gov.ie/health/covid-19](#)  
[www.hse.ie](#)

HEALTH AND WELLNESS GOVERNMENT OF IRELAND  
HSE  
Riann na Mídeanna  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413  
Or Email: [reavy@meathcoco.ie](mailto:reavy@meathcoco.ie)

**HSE Advice Line:** Callsave 1850 24 1850  
Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday

The following is the list of each **Local Authority's Helpline phone numbers**

<b>Local Authority</b>	<b>Community Response Number</b>
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 500 000
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399